

LEARN- TO- SWIM

What Level Should My Swimmer Take?

Below you will find American Red Cross Exit Skills Assessment for each level. Each assessment is a great indicator as to which level your swimmer should take. If you find that your swimmer can independently complete each skill, they should move on to the next level.

****Non-swimmers will begin their swimming journey by attending Level 1 water safety course. Once swimmer can complete Level 1 exit skills assessment mentioned below, they can move to Level 2.****

Level 1

Exit Skills Assessment

- Enter independently, using either the ladder, steps or side, travel at least 5 yards, bob 3 times then safely exit the water. (Participants can walk, move along the gutter or "swim.")
- Glide on front at least 2 body lengths, roll to a back float for 3 seconds and recover to a vertical position. (This part of the assessment can be performed with support.)

Level 2

Exit Skills Assessment

- Step from side into chest-deep water, move into a front float for 5 seconds, roll to back, float for 5 seconds then return to vertical position.
- Move into a back float for 5 seconds, roll to front then recover to a vertical position.
- Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to the front then continue swimming for 5 body lengths. (You can assist the participant when taking a breath.)

Level 3

Exit Skills Assessment

- Jump into deep water from the side, swim front crawl for 15 yards, maintain position by treading or floating for 30 seconds and swim elementary backstroke for 15 yards.

Level 4

Exit Skills Assessment

- Perform a feetfirst entry into deep water, swim front crawl for 25 yards, change direction and position as necessary and swim elementary backstroke for 25 yards.
- Swim breaststroke for 15 yards, change direction and position as necessary and swim back crawl for 15 yards.

Level 5

Exit Skills Assessment

- ❑ Perform a shallow-angle dive into deep water, swim front crawl for 50 yards, change direction and position of travel as necessary and swim elementary backstroke for 50 yards.
- ❑ Swim breaststroke for 25 yards, change direction and position of travel as necessary and swim back crawl for 25 yards.

Level 6

Exit Skill Assessment

- Swim 500 yards continuously using any 3 strokes of your choice, swimming at least 50 yards of each stroke.
- Perform the Cooper 12-minute swim test, and compare results with the preassessment results.